

COMMON SENTIENTS OF THE MULTIVERSE

UPDATED PLAYER'S HANDBOOK RACE OPTIONS



BY DANIEL VITTI & ARCANUM PRESS

A Sourcebook of updated Racial Options for the
Dungeons & Dragons 5th Edition role playing game.



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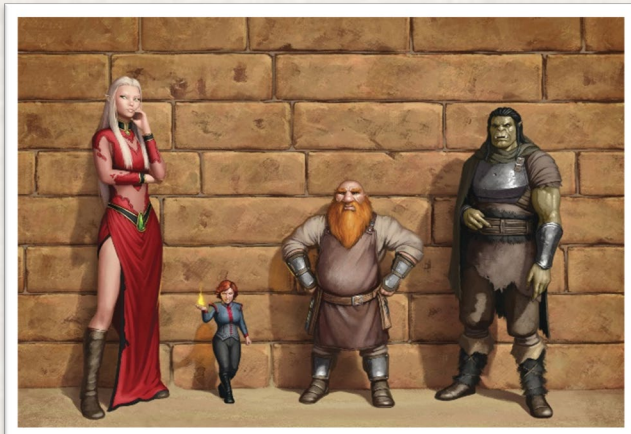
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ON THE COVER

The cover is the illustration [Line Up](#) by Dean Spencer. Acquired via Dean Spencer Art on Drive Thru RPG.



PROGNOSTICATION

In writing this sourcebook we are essentially engaging in prognostication. We are attempting to predict how the basic *Player's Handbook* races will be changed when Wizards of the Coast releases the updated version scheduled for 2005.

To arrive at our predictions, we examined the changes that were made to the new versions of the races that appear in *Monsters of the Multiverse* (MoM), including several that were previously subraces of existing *Player's Handbook* (PHB) races.

What we discovered:

- The granting of specific weapon and armor proficiencies was removed from all of the MoM races. For example, the Sea Elf Training trait which granted the old version of the Sea Elf weapon proficiencies seems to have been replaced with the ability to acquire weapon proficiencies of their choice via their Trance racial trait.
- The Cunning Artisan trait was removed from the Lizardfolk race, probably because it was an ability that any race could replicate with an appropriate tool proficiency.
- You can choose the casting ability for any spell granted by a racial trait, and you can cast such spells using any spell slot of an appropriate level available to you.

We then applied these design concepts to the PHB races, and this sourcebook is the result.

ARCANUM D&D:

The goal of [Arcanum Press](#) is to create an expanded rule set for Dungeons & Dragons 5th Edition that contains internally compatible and balanced options for the game we all love. Look for the Arcanum logo on DMs Guild products, indicating that the material is compatible with [Arcanum D&D](#).

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ARCANUM D&D

Common Sentients of the Multiverse is a temporary part of the [Arcanum D&D](#) series of sourcebooks, at least until the Player's Handbook is updated. The goal of Arcanum D&D is to create an expanded rule set that contains internally compatible and balanced options for the game we all love. The other books in the Arcanum D&D series include: the [Arcane Mysteries: The Secrets of the Arcanum](#), [Martial Options: The Art of Combat](#), [Divine Inspiration: The Power of Faith](#), and [Primordial Lore: Masters of the Wild](#) sourcebooks and the [Draconic Options](#) companion.

PLAYER'S HANDBOOK

RACE UPDATES

The purpose of this book is to update the *Player's Handbook* races to use the same format and rules as the race options presented in *Monsters of the Multiverse* and the customized origins presented in *Tasha's Cauldron of Everything*. The full descriptions for these races appear in the current *Player's Handbook* and contain more information on these races and playing them in D&D.

CREATING YOUR CHARACTER

At 1st level, you choose whether your character is a member of the human race or of a fantastical race. If you select a fantastical race in this chapter, follow these additional rules during character creation.

Ability Score Increases

When determining your character's ability scores, increase one score by 2 and increase a different score by 1, or increase three different scores by 1. Follow this rule regardless of the method you use to determine the scores, such as rolling or point buy. The "Quick Build" section for your character's class offers suggestions on which scores to increase. You can follow those suggestions or ignore them, but you can't raise any of your scores above 20.

LANGUAGES

Your character can speak, read, and write Common and one other language that you and your DM agree is appropriate for the character. The *Player's Handbook* offers a list of languages to choose from. The DM is free to modify that list for a campaign.

CREATURE TYPE

Every creature in D&D, including each player character, has a special tag in the rules that identifies the type of creature they are. Most player characters are of the Humanoid type. A race in this chapter tells you what your character's creature type is.

Here's a list of the game's creature types in alphabetical order: Aberration, Beast, Celestial, Construct, Dragon, Elemental, Fey, Fiend, Giant, Humanoid, Monstrosity, Ooze, Plant, Undead. These types don't have rules themselves, but some rules in the game affect creatures of certain types in different ways. For example, the cure wounds spell doesn't work on a Construct or an Undead.

LIFE SPAN

The typical life span of a player character in the D&D multiverse is about a century, assuming the character doesn't meet a violent end on an adventure. Members of some races, such as dwarves and elves, can live for centuries. If typical members of a race in this book can live longer than a century, that fact is mentioned in the race's description.

HEIGHT AND WEIGHT

Player characters, regardless of race, typically fall into the same ranges of height and weight that humans have in our world. If you'd like to determine your character's height or weight randomly, consult the Random Height and Weight table in the *Player's Handbook*, and choose the row in the

table that best represents the build you imagine for your character.

UPDATED RACES

The following sections contain updated racial traits for the races in the *Player's Handbook*.

DRAGONBORN

Updated Dragonborn are contained in *Fizban's Treasury of Dragons* and more options are included in the [Draconic Options](#) sourcebook.

DWARF

You can choose either Hill Dwarf or Mountain Dwarf as your race described below if you wish to play a dwarf, or the Duergar race from *Monsters of the Multiverse*.

HILL DWARF TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a dwarf for any prerequisite or effect that requires you to be a dwarf.

AGE

Dwarves mature at the same rate as humans, but they're considered young until they reach the age of 50. On average, they live about 350 years.

SIZE

Dwarves stand between 4 and 5 feet tall and average about 150 pounds. Your size is Medium.

SPEED

Your base walking speed is 25 feet. Your speed is not reduced by wearing heavy armor or encumbrance.

DARKVISION

Accustomed to life underground, you have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

DWARVEN RESILIENCE

You have advantage on saving throws you make to avoid or end the poisoned condition on yourself. You also have resistance to poison damage.

MAGIC RESISTANCE

You have advantage on saving throws against spells.

DWARVEN PROFICIENCY

You gain proficiency with two weapons or tools of your choice, and with an additional artisan tool of your choice, commonly smith's tools, brewer's supplies, or mason's tools.

DWARVEN EXPERTISE

You gain expertise with the artisan tool you chose for your Dwarf Proficiency trait.

DWARVEN TOUGHNESS

Your hit point maximum increases by 1, and it increases by 1 every time you gain a level.

STURDY BUILD

Your carrying capacity and the weight you can push, drag, or lift is increased by 50%.

MOUNTAIN DWARF TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a dwarf for any prerequisite or effect that requires you to be a dwarf.

AGE

Dwarves mature at the same rate as humans, but they're considered young until they reach the age of 50. On average, they live about 350 years.

SIZE

Dwarves stand between 4 and 5 feet tall and average about 150 pounds. Your size is Medium.

SPEED

Your base walking speed is 25 feet. Your speed is not reduced by wearing heavy armor or encumbrance.

DARKVISION

Accustomed to life underground, you have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

DWARVEN RESILIENCE

You have advantage on saving throws you make to avoid or end the poisoned condition on yourself. You also have resistance to poison damage.

MAGIC RESISTANCE

You have advantage on saving throws against spells.

DWARVEN PROFICIENCY

You gain proficiency with two weapons or tools of your choice, and with an additional artisan tool of your choice, commonly smith's tools, brewer's supplies, or mason's tools.

DWARVEN EXPERTISE

You gain expertise with the artisan tool you chose for your Dwarven Proficiency trait.

LANGUAGES

You can speak, read, and write Common and Dwarvish. Dwarvish is full of hard consonants and guttural sounds, and those characteristics spill over into whatever other language a dwarf might speak.

MOUNTAIN DWARF STATURE

Your Strength or Constitution score is increased by an additional +1.

ELF

There are three distinct common Elven races: High Elf, Wood Elf, and Dark Elf. Elves commonly learn Elvish as one of their languages. Elvish is fluid, with subtle intonations and intricate grammar. Elven literature is rich and varied, and their songs and poems are famous among other races. Many bards learn their language so they can add Elvish ballads to their repertoires. The Eladrin, Sea Elves, and Shadar-kai are additional elven races that can be found in the *Monsters of the Multiverse*.

HIGH ELF TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered an elf for any prerequisite or effect that requires you to be an elf.

SIZE

Elves range from under 5 to over 6 feet tall and have slender builds. Your size is Medium.

SPEED

Your base walking speed is 30 feet.

DARKVISION

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

KEEN SENSES

You have proficiency in the Perception skill.

FEY ANCESTRY

You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

TRANCE

You don't need to sleep, and magic can't put you to sleep. You can finish a long rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

Whenever you finish this trance, you can change the cantrip and spell chosen for your **High Elf Magic** trait, and you can gain two proficiencies that you don't have, each one with a weapon or a tool of your choice selected from the Player's Handbook. You mystically acquire these proficiencies by drawing them from shared elven memory, and you retain them until you finish your next long rest.

HIGH ELF MAGIC

You know one cantrip of your choice from the wizard spell list. Starting at 3rd level, you can choose one 1st level wizard spell that you can cast with this trait. Once you cast that spell with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast that spell using any spells slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

EXTRA LANGUAGE

You can speak, read, and write one extra language.

WOOD ELF TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered an elf for any prerequisite or effect that requires you to be an elf.

SIZE

Elves range from under 5 to over 6 feet tall and have slender builds. Your size is Medium.

SPEED

Your base walking speed is 35 feet.

DARKVISION

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

KEEN SENSES

You have proficiency in the Perception skill.

FEY ANCESTRY

You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

TRANCE

You don't need to sleep, and magic can't put you to sleep. You can finish a long rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

Whenever you finish this trance, you can change the cantrip and spell chosen for your Wood Elf Magic trait and you can gain two proficiencies that you don't have, each one with a weapon or a tool of your choice selected from the Player's Handbook. You mystically acquire these proficiencies by drawing them from shared elven memory, and you retain them until you finish your next long rest.

WOOD ELF MAGIC

You know one cantrip of your choice from the druid spell list. Starting at 3rd level, you can choose one 1st level druid spell that you can cast with this trait. Once you cast that spell with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast that spell using any spells slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

MASK OF THE WILD

You can attempt to hide even when you are only lightly obscured by foliage, heavy rain, falling snow, mist, and other natural phenomena.

DARK ELF TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered an elf for any prerequisite or effect that requires you to be an elf.

SIZE

Elves range from under 5 to over 6 feet tall and have slender builds. Your size is Medium.

SPEED

Your base walking speed is 30 feet.

DARKVISION

You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

KEEN SENSES

You have proficiency in the Perception skill.

FEY ANCESTRY

You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

TRANCE

You don't need to sleep, and magic can't put you to sleep. You can finish a long rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

Whenever you finish this trance, you can gain two proficiencies that you don't have, each one with a weapon or a tool of your choice selected from the Player's Handbook. You mystically acquire these proficiencies by drawing them from shared elven memory, and you retain them until you finish your next long rest.

DROW MAGIC

You know the *dancing lights* cantrip and can cast it without material components. Starting at 3rd level, you can cast

the *faerie fire* spell with this trait. Starting at 5th level, you can also cast the *darkness* spell with it, without requiring a material component. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

GNOME

You can choose Forest Gnome or Rock Gnome described below, or the Deep Gnome from *Monsters of the Multiverse*. Gnomes commonly learn the Gnomish language, which uses the Dwarvish script, is renowned for its technical treatises and its catalogs of knowledge about the natural world.

FOREST GNOME TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a gnome for any prerequisite or effect that requires you to be a gnome.

AGE

Gnomes mature at the same rate humans do, and most are expected to settle down into an adult life by around age 40. They can live 350 to almost 500 years.

SIZE

Gnomes are between 3 and 4 feet tall and average about 40 pounds. Your size is Small.

SPEED

Your base walking speed is 25 feet.

DARKVISION

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

GNOME CUNNING

You have advantage on all Intelligence, Wisdom, and Charisma saving throws against magic.

NATURAL ILLUSIONIST

You know the *minor illusion* cantrip. Starting at 3rd level, you can cast the *silent image* spell with this trait. Starting at 5th level, you can also cast the *pass without trace* spell with it, without requiring a material component. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

SPEAK WITH SMALL BEASTS

Through sounds and gestures, you can communicate simple ideas with Small or smaller beasts. Forest gnomes love animals and often keep squirrels, badgers, rabbits, moles, woodpeckers, and other creatures as beloved pets.

ROCK GNOME TRAITS

The Rock Gnome race can also be used to represent the common Tinker Gnomes of Krynn.

CREATURE TYPE

You are a Humanoid. You are also considered a gnome for any prerequisite or effect that requires you to be a gnome.

AGE

Gnomes mature at the same rate humans do, and most are expected to settle down into an adult life by around age 40. They can live 350 to almost 500 years.

SIZE

Gnomes are between 3 and 4 feet tall and average about 40 pounds. Your size is Small.

SPEED

Your base walking speed is 25 feet.

DARKVISION

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

GNOME CUNNING

You have advantage on all Intelligence, Wisdom, and Charisma saving throws against magic.

ARTIFICER'S LORE

Whenever you make an ability check related to magic items, alchemical objects, or technological devices, you can add twice your proficiency bonus, instead of any proficiency bonus you normally apply.

TINKER

You have proficiency with artisan's tools (tinker's tools). Using those tools, you can spend 1 hour and 10gp worth of materials to construct a Tiny clockwork device (AC 5, 1 hp). The device continues to function until destroyed, it is more than 5 feet away from you for 24 hours or more, or you use your action to dismantle it; at that time, you can reclaim the materials used to create it. You can have up to three such devices active at a time.

When you create a device, choose one of the effects of the *druidcraft*, *prestidigitation*, or *thaumaturgy* cantrip (clean, start or extinguish flame, etc.) or the artificer Magical Tinkering feature. A creature can use the Use an Object action to cause the device to replicate the chosen effect.

HALF-ELF

You have elven blood in your heritage. Half-Elves will often learn the elven tongue.

HALF-ELF TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered an elf for any prerequisite or effect that requires you to be an elf.

AGE

Half-elves mature at the same rate humans do and reach adulthood around the age of 20. They live much longer than humans, however, often exceeding 180 years.

SIZE

Half-elves are about the same size as humans, ranging from 5 to 6 feet tall. Your size is Medium.

SPEED

Your base walking speed is 30 feet.

DARKVISION

Thanks to your elf blood, you have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

BROADLY TALENTED

Increase one ability score of your choice by 1. This must be an ability score to which you have not already assigned an ability score increase.

FEY ANCESTRY

You have advantage on saving throws against being charmed, and magic can't put you to sleep.

SKILL VERSATILITY

You gain proficiency in two skills of your choice; you also gain proficiency with one weapon or tool of your choice or learn an extra language of your choice.

ELVEN HERITAGE

Choose your elven heritage, you gain the trait listed as an elf of that heritage:

High Elf. You gain the High Elf Magic trait.

Wood Elf. You gain the Wood Elf Magic trait.

Dark Elf. You gain the Drow Magic trait.

HALFLING

You can choose to either be a Lightfoot Halfling or a Stout Halfling. You commonly know the halfling language. The Halfling language isn't secret, but halflings are loath to share it with others. They write very little, so they don't have a rich body of literature. Their oral tradition, however, is very strong. Almost all halflings speak Common to converse with the people in whose lands they dwell or through which they are traveling.

LIGHTFOOT HALFLING TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a halfling for any prerequisite or effect that requires you to be a halfling.

AGE

A halfling reaches adulthood at the age of 20 and generally lives into the middle of his or her second century.

SIZE

Halflings average about 3 feet tall and weigh about 40 pounds. Your size is Small.

SPEED

Your base walking speed is 25 feet.

LUCKY

When you roll a 1 on the d20 for an attack roll, ability check, or saving throw, you can reroll the die and must use the new roll.

BRAVE

You have advantage on saving throws against being frightened.

HALFLING NIMBLENESS

You can move through the space of any creature that is of a size larger than yours. The space of such creatures is not difficult terrain for you.

NATURALLY STEALTHY

You gain proficiency with the Stealth skill and can attempt to hide even when you are obscured only by a creature that is at least one size larger than you.

STOUT HALFLING TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a halfling for any prerequisite or effect that requires you to be a halfling.

AGE

A halfling reaches adulthood at the age of 20 and generally lives into the middle of his or her second century.

SIZE

Halflings average about 3 feet tall and weigh about 40 pounds. Your size is Small.

SPEED

Your base walking speed is 25 feet.

DARKVISION

You can see in dim light within 30 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

LUCKY

When you roll a 1 on the d20 for an attack roll, ability check, or saving throw, you can reroll the die and must use the new roll.

BRAVE

You have advantage on saving throws against being frightened.

HALFLING NIMBLENESS

You can move through the space of any creature that is of a size larger than yours. The space of such creatures is not difficult terrain for you.

STOUT RESILIENCE

You have advantage on saving throws against poison, and you have resistance against poison damage.

HALF-ORC

Half-Orcs have the traits listed below. They will often speak Orc. Orc is a harsh, grating language with hard consonants. It has no script of its own but is written in the Dwarvish script.

HALF-ORC TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered an orc for any prerequisite or effect that requires you to be an orc.

AGE

Half-orcs mature a little faster than humans, reaching adulthood around age 14. They age noticeably faster and rarely live longer than 75 years.

SIZE

Half-orcs are somewhat larger and bulkier than humans, and they range from 5 to well over 6 feet tall. Your size is Medium.

SPEED

Your base walking speed is 30 feet.

DARKVISION

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

MENACING

You gain proficiency in the Intimidation skill.

RELENTLESS ENDURANCE

When you are reduced to 0 hit points but not killed outright, you can drop to 1 hit point instead. You can't use this feature again until you finish a long rest.

SAVAGE ATTACKS

When you score a critical hit with a melee weapon attack, you can roll one of the weapon's damage dice one additional time and add it to the extra damage of the critical hit.

HUMAN

It's hard to make generalizations about humans, but your human character has these traits, or the traits of the Variant Human

HUMAN TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a human for any prerequisite or effect that requires you to be a human.

BROAD ABILITY

Your ability scores each increase by 1. This replaces the normal ability score increase.

AGE

Humans reach adulthood in their late teens and live less than a century.

SIZE

Humans vary widely in height and build, from barely 5 feet to well over 6 feet tall. Regardless of your position in that range, your size is Medium.

SPEED

Your base walking speed is 30 feet.

VARIANT HUMAN TRAITS

CREATURE TYPE

You are a Humanoid. You are also considered a human for any prerequisite or effect that requires you to be a human.

AGE

Humans reach adulthood in their late teens and live less than a century.

SIZE

Humans vary widely in height and build, from barely 5 feet to well over 6 feet tall. Regardless of your position in that range, your size is Medium.

SPEED

Your base walking speed is 30 feet.

SKILLS

You gain proficiency in one skill of your choice.

FEAT

You gain one feat of your choice.

TIEFLING

Tieflings share certain racial traits as a result of their infernal descent. They often learn the Infernal tongue.

TIEFLING TRAITS

CREATURE TYPE

You are a Humanoid.

AGE

Tieflings mature at the same rate as humans but live a few years longer.

SIZE

Tieflings are about the same size and build as humans. Your size is Medium.

SPEED

Your base walking speed is 30 feet.

DARKVISION

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

HELLISH RESISTANCE

You have resistance to fire damage.

INFERNAL LEGACY

You know the *thaumaturgy* cantrip. Starting at 3rd level, you can cast the *hellish rebuke* spell with this trait. Starting at 5th level, you can also cast the *darkness* spell with it, without requiring a material component. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).



UPDATED RACE OPTIONS FOR D&D 5E

This tome updates the Dungeons & Dragons 5th Edition *Player's Handbook* races to use the same format and rules as the race options presented in *Monsters of the Multiverse* and the customized origins presented in *Tasha's Cauldron of Everything*.

These options will breathe new life into these core D&D races for use in campaigns across the multiverse.

